

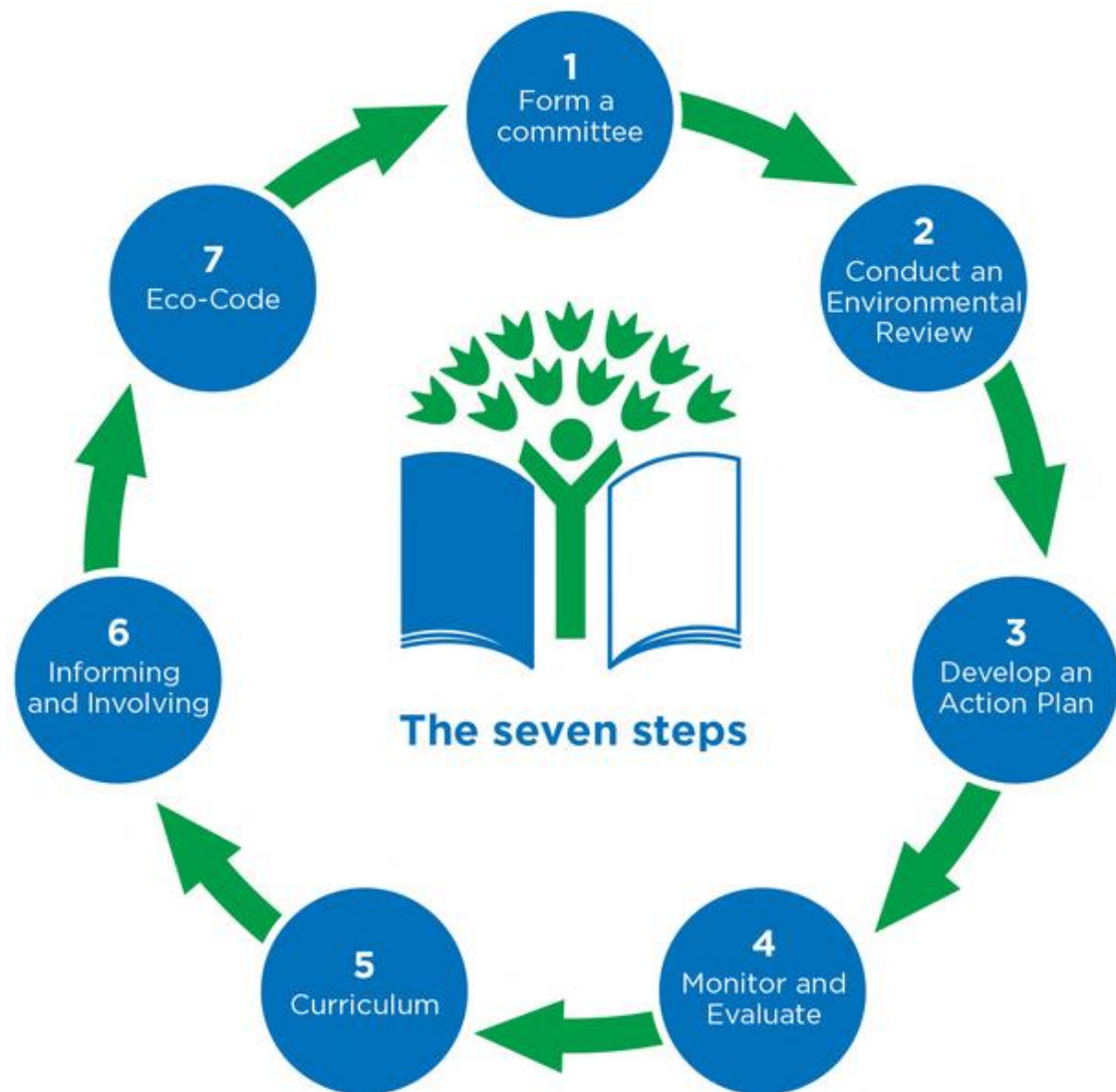


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Environmental Review

This is the printable version of the Eco-Schools Environmental Review. You and your Eco-Committee can print out a copy, walk around your school grounds and note your findings and ideas with a pen. You can then scan this as single PDF document and upload it to the Eco-Schools application form.

- Give yourself a tick for every 'yes' answer and a cross for every 'no'.
- To calculate your score for each topic, count the number of ticks.
- If you are unable to answer a question leave it blank, this will not affect your Eco-Schools Green Flag application.
- ... and don't worry if you have low scores on the Environmental Review, this just means you can make an even greater impact this year!

Completed By

Add Name & Year Group

Eco-Schools Action Plan 2022-2023



Eco-Schools Topic 1 Litter Aim: Reduce litter in our school community	Action(s): <ul style="list-style-type: none"> Raise awareness about litter – assembly / tutor activity or competition Litter picking Award house points to those picking up litter Great Big School Clean in March 	Duration: Nov-December – raise awareness Litter picking – once a fortnight Responsibility: Everyone at school	Monitoring: Eco-Committee Evaluation: DoE students have also volunteered to litter pick as part of their Bronze Award. Posters have been designed to raise awareness of dropping litter.
Eco-Schools Topic 2 Waste Aim: Increase recycling at school	Action(s): <ul style="list-style-type: none"> Waste / litter survey Bin locations Recycling bins Recycling schemes – pens/teracycle scheme Second hand uniform Food waste Guide to sustainable classrooms for teachers 	Duration: January - July Responsibility: Eco-Committee Premises Support	Monitoring: Eco-Committee Evaluation: All classrooms have a recycling bin and new signage has been added. The PTA is selling second hand uniform Pen recycling scheme set up
Eco-Schools Topic 3 Marine Aim: To reduce single use plastic	Action(s): <ul style="list-style-type: none"> Reduce single use plastic Canteen Artwork highlighting plastic pollution / litter Year 8 plastic project between Geography, Maths and Science 	Duration: April - July Responsibility: Eco-Committee	Monitoring: Eco-Committee Evaluation: Canteen no longer has plastic cutlery. Food dishes no longer contain plastic Project between year 8 has just begun and the best creative projects will be awarded with certificates and the overall winner will be chosen by the Headteacher receiving a reusable water bottle.

What have we done?

Litter picks

Encourage recycling

Presented to staff

Curriculum links

Raised awareness of plastic pollution

Changes in the canteen to reduce plastic

Light switch surrounds



MEETING MINUTES



Time and Date	29 th February 2024
Attendees	Niamh, Nihara, *Abi Blunden, Rami Cooper Owen Eveleigh Kaushika S Shaun Paredes Mr Davies -
Apologies	Izzy R, Ellie, Nicole, Sancha, Lav Jovan* , *Kaia Christie
Key Points	<p>Recap – Food</p> <p>Global charity focus – improve the sustainability and human health – we are striving to achieve a bronze award.</p> <ol style="list-style-type: none"> 1. Change the labelling so it doesn't say vegan to help change the mindset of young people & staff at school. It will just say <u>veg</u> 2. Switch the option <u>1</u> 3. One day a week – meal of the day would be plant based. <p>Rebrand <u>plant-based</u> options -</p>
Next Steps	Plastic Clever Schools – JFA EHY & JDA to meet Wednesday after school
Next Meeting	8 th Feb - Proven Discuss food photos from Canteen

- Eco Ambassadors in each department
- Eco Ambassadors to work with Eco Committee
- Teamed up with USH Planet Ambassadors
- Year 7,8, 9 tutor litter picks



www.eco-schools.org.uk



PEN RECYCLING

Recycle with TerraCycle



✓ Pens, mechanical pencils and refills



✓ Correction instruments (bottles, tapes and pens)



✓ Highlighters



✓ Felt tips, whiteboard and permanent markers



Plastic Clever Schools



INSPIRE

Learn about plastic pollution and inspire others in school to take action.



INVESTIGATE

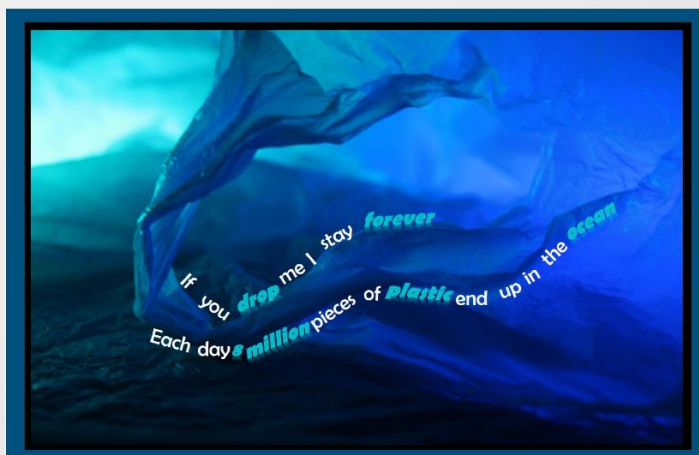
Identify any problem plastics in school and prepare to take action to eliminate them.



ACT

Take action to 'swap out' or remove single-use plastics.

**THE BIG
PLASTIC
COUNT**
11-17 MARCH
IT'S BACK!



OUR PLASTIC PROBLEM - YEAR 8 CROSS-CURRICULAR PROJECT

Year 8s have just completed a cross-curricular project with Geography, Maths and Science. Students learnt about how plastics were made, the impacts of plastic pollution and a variety of different skills including how to complete frequency graphs and

We had some super projects submitted showing a range of learning across all 3 subjects. The top 4 projects were submitted to Mr Sykes and he had the very difficult decision to announce an overall winner.

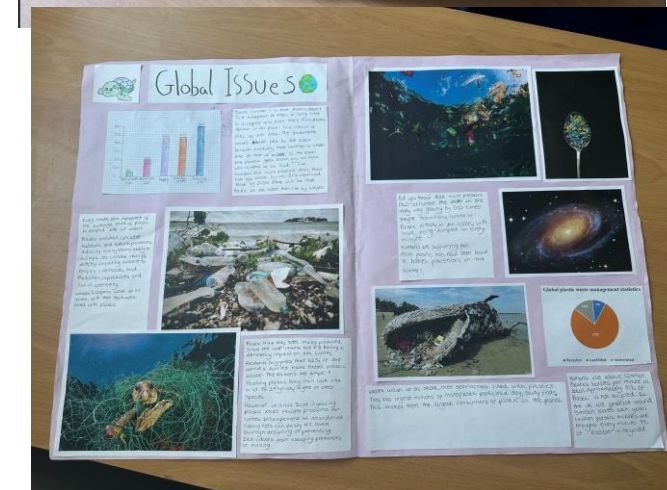
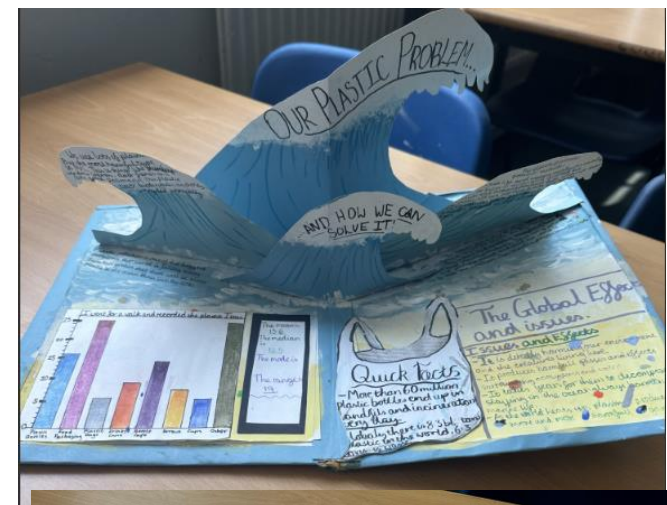
1st Place ★	ELEANOR S – created a superb giant leaflet highlighting the issues of plastic pollution, drawing her own graphs and including various top tips on how to reduce single use plastic.
Runner up	Ben S - presentation
Runner up	Jessica B – Netflix inspired presentation
Runner up	Vivian A - presentation

STUDENTS WITH A COMMENDATION:

Noah W	Jess O
Keir T	Grace L
Millie K	Arlo H
Toby C	Matty L
Kalina K	Harry L
Victoria Z	Carys B
Edith D	Eddie K
Amlsha S	Jacob T
Maisie C	Ava W
Imogen W	Micha E
Ruby G	Grace D

Prize for 1st place
– reusable bottle
Runners up prize
– pen made from recycled bottles
+ 10 house points.

Well done to everyone who submitted a project. It was great to see such enthusiasm and engagement from you. Look out for some of your ideas on how to reduce and recycle our plastic next year in school!





Please help us(H)



The USH Eco-Committee
need your help! Please save
any 2 litre plastic bottles to
help build a greenhouse for
our school garden!



**2 litre
plastic
bottles**



Embers
Bushcraft
Ignite Potential Fuel Passion

Shirley

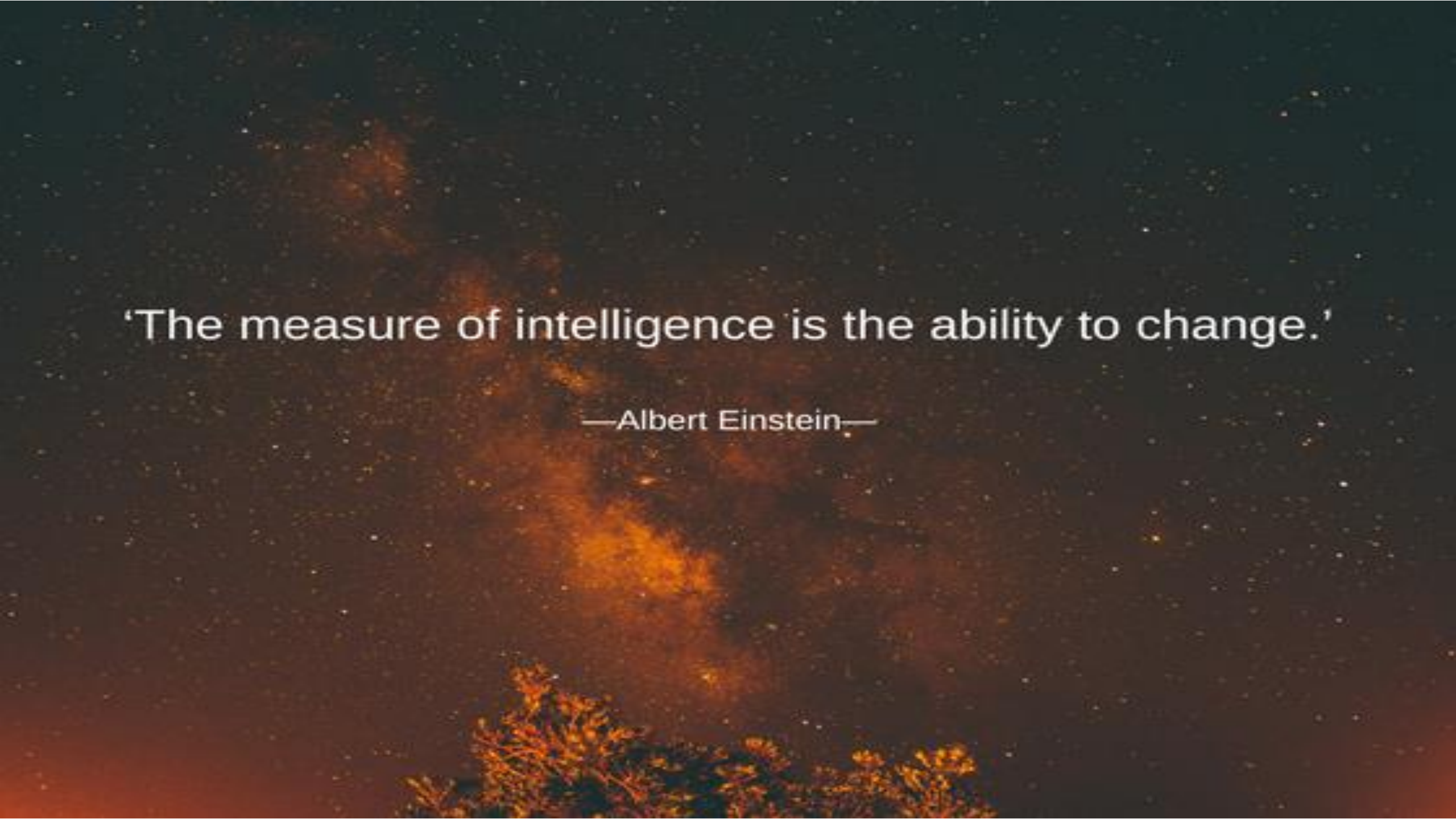






Inter-related crises





'The measure of intelligence is the ability to change.'

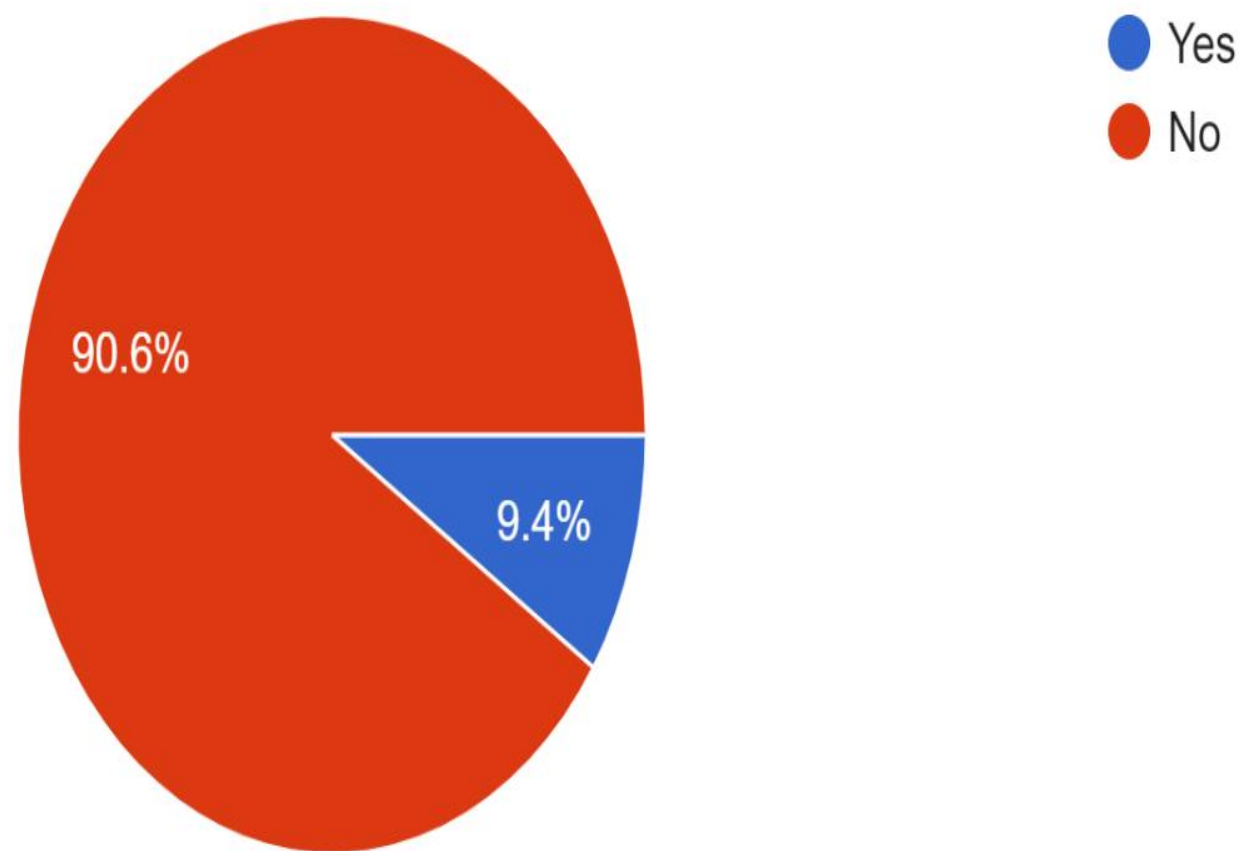
—Albert Einstein—

Do we know what's important to young people?



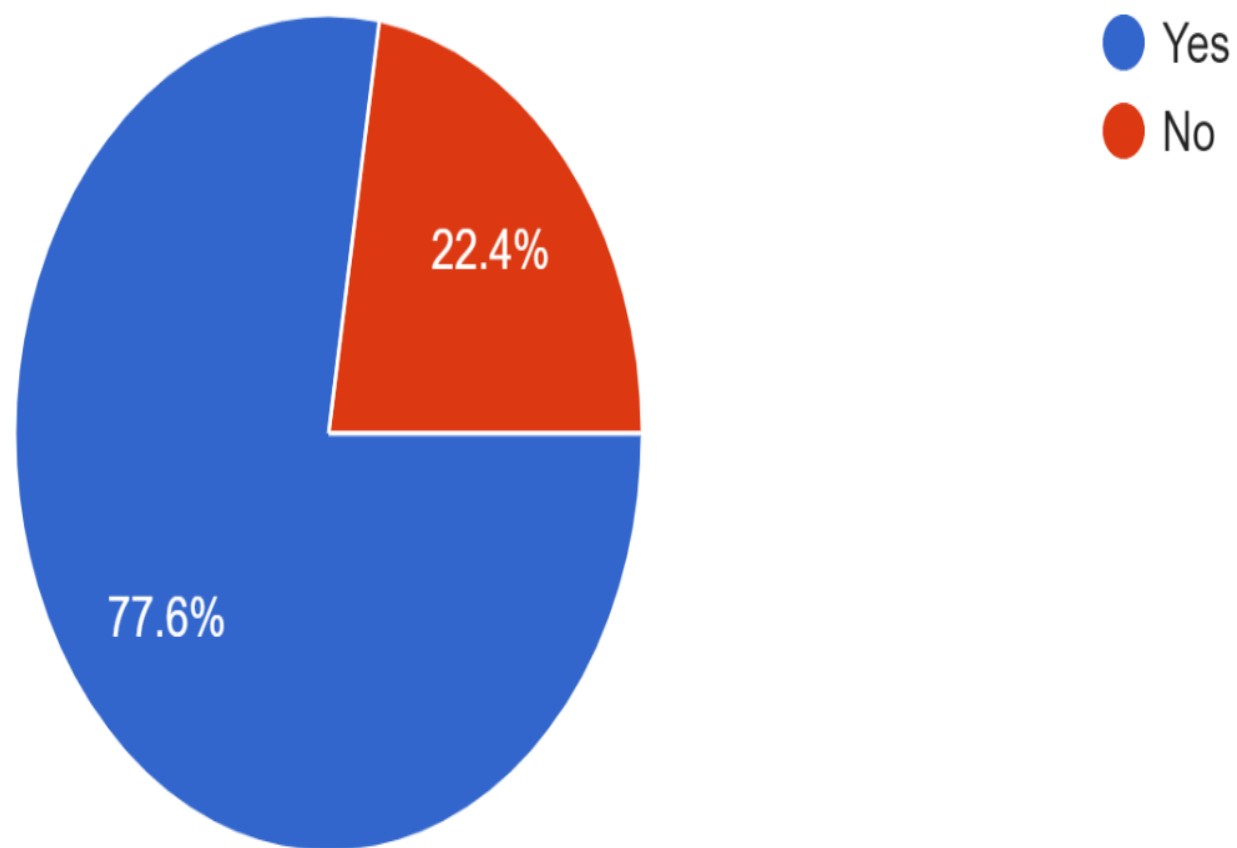
Do you feel enough is being done to tackle the climate crisis?

235 responses



Would you like to see USH school and staff take more positive actions to help address this issue?

232 responses







PLANT-BASED
Health Professionals UK

Key messages

- Our food choices are connected to our health
- Our food choices are connected to planetary health
- Planetary health = our physical health
- Small changes can make big differences





**“Even if fossil fuel emissions were eliminated immediately,
emissions from the global food system alone
would make it impossible to limit warming to 1.5C and difficult even to realize the 2C target”**



Connecting our food choices to the health of the planet...

- If we continue business as usual, we would need 7.4 earths to support our current food system
- If we do not shift to a plant predominant diet, we will exceed planetary boundaries by 263% by 2050

Health and environmental impacts of various foods

- Emphasized foods
- Optional foods
- Limited foods

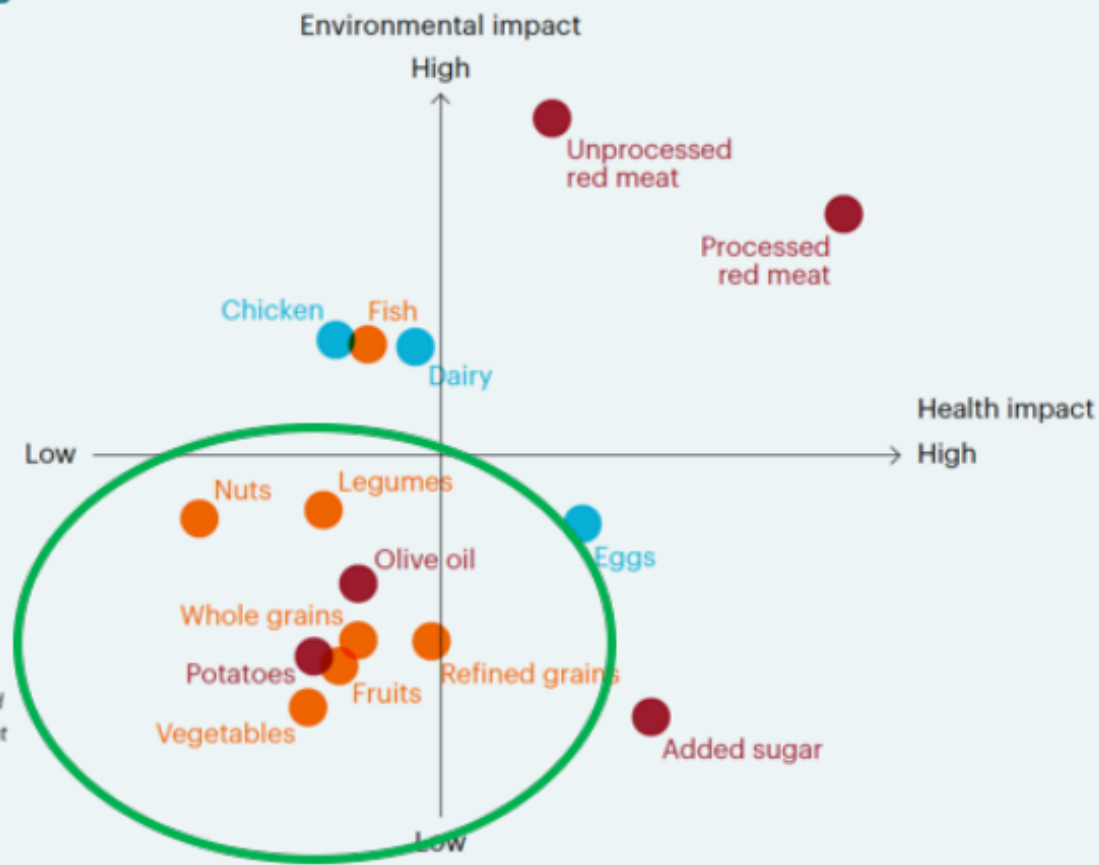
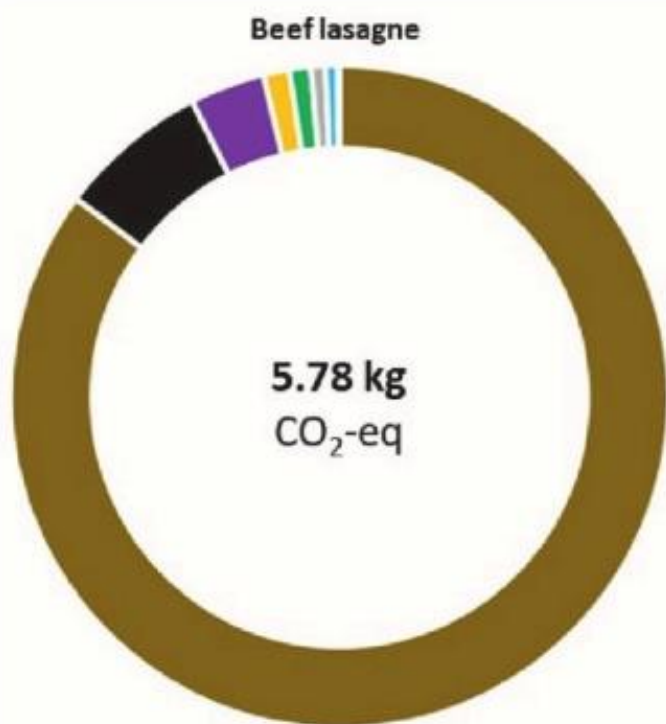


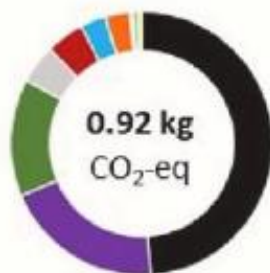
Figure 4.
The health and environmental impacts of various foods. Overconsumption of red and processed meats increases the risk to both human health and the environment. Plant foods tend to be good for both people and planet. Added sugar is a major driver of poor health but has much lower environmental impacts.
Source: Clark et al. (2019).¹⁷

Does it really make a difference to choose plant-based meals instead of meat-based ones?



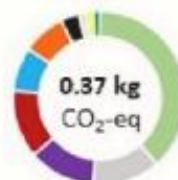
- Beef mince (85%)
- Cheese (7%)
- Milk (4%)
- Bacon (1%)
- Vegetables (1%)
- Pasta lasagne sheets (1%)
- Margarine (<1%)
- Plain flour (<1%)

Vegetarian lasagne



- Cheese (49%)
- Milk (20%)
- Quorn mince (14%)
- Pasta lasagne sheets (5%)
- Chopped tomatoes (5%)
- Margarine (3%)
- Red peppers (3%)
- Plain flour (1%)
- Spinach (<1%)
- Onions (<1%)

Vegan lasagne

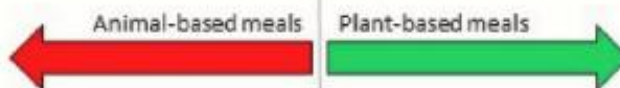



- Vegan mince (39%)
- Pasta lasagne sheets (13%)
- Soy milk (13%)
- Chopped tomatoes (13%)
- Margarine (8%)
- Red peppers (8%)
- Vegan cheese (3%)
- Plain flour (1%)
- Onions (1%)
- Spinach (1%)

Whole-food vegan lasagne




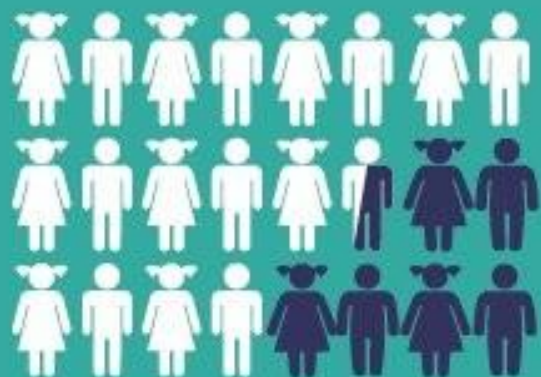
- Pasta lasagne sheets (20%)
- Chopped tomatoes (20%)
- Cauliflower (15%)
- Peppers (13%)
- Lentils (13%)
- Aubergines (10%)
- Courgette (5%)
- Onions (2%)
- Spinach (2%)





INTRODUCTION: Poor diet is now the number one cause of death and disability in the UK, resulting in a rising burden of obesity, cardiovascular disease, diabetes and cancer (1).





28%
of children
aged 2 to 15 are
overweight
or **obese**

Younger generations are becoming
obese at earlier ages and staying
obese into adulthood



Of every 100 4 & 5 year olds in England
there are...



under
weight



normal
weight



over-
weight



obese

Of every 100 10 & 11 year olds in England
there are...



under
weight



normal
weight



over-
weight



obese

”

**I FEEL CONCERNED
FOR THE YOUNGER
GENERATION WHO ARE
SURROUNDED AND
BOMBARDED BY POOR
HEALTH OPTIONS**

“

**More respect.
Better care.
Bold policies.
Real action.**



World
Obesity
Day 4 March
2022

**EVERYBODY
NEEDS TO
ACT**





School Meals

How Small Changes Can Make a Big Difference Towards Healthy Children and a Happy Planet.



United Nations
Climate Change

Food & Nutrition Curriculum Journey



FOCUS ON COLOUR





SHORTLIST SUPERHERO: SUSTAINABILITY STARS 2024

Congratulations on making it onto our list of potential picks – you're all superstars!

Thank you for all the amazing work you're doing to make the planet a better place for the future. You're an inspiration. Keep going – we're right behind you!

Big love,

Jamie Oliver

SPONSORED BY **Tefal**

Targets

Our vision is to transform Upper Shirley High School into a leader in sustainability.

We are committed to creating a healthier environment for current and future students, equipped to tackle the challenges of climate change.

To achieve this, we will set ambitious goals and lead by example.

Our goal is to become carbon neutral by 2030.

We will take measures to enhance the quality of life for our school community. Our aim is to improve health outcomes for all stakeholders.

Incorporating sustainable diets and transitioning towards a plant-based food system will be a focal point of our efforts to reduce environmental impact and promote healthier lifestyles.

Collaboration and knowledge-sharing will be key. We will work in partnership with others and inspire them to join our efforts.

Preserving and improving our natural surroundings is a priority.

Efficient resource management is essential. We will minimise energy consumption, waste, and promote repair, reuse, and recycling.

We will encourage sustainable and active travel options among students and staff.

Emissions reduction is crucial.

We will prioritise renewable energy sources and support initiatives that promote clean energy without compromising local air quality.

Our purchasing decisions will align with our sustainability goals.

Together, we will create a greener, healthier, and more sustainable future for Upper Shirley High School.





2nd-8th June 2025

"Water is life. No blue, no green."

Sylvia Earle, Oceanographer



